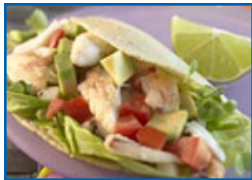


Fresh Crabmeat Tacos

Buy the freshest crabmeat you can find for these summery tacos, and store it on ice in the coldest part of your fridge as soon as you get it home. Be sure to give the crab a careful going-over to make sure you get every bit of shell.



Prep Time: 20 Minutes.

Cooking Time: 10 Minutes.

Ready in approx: 30 Minutes. Serves 6

6	6-inch corn tortillas	6
12 oz	lump crabmeat, picked over	336 g
2	plum tomatoes, seeded and diced	2
1/2 cup	chopped white or red onion	120 ml
1/2 cup	diced avocado	120 ml
3 tbsp	fresh lime juice	45 ml
1 tbsp	unseasoned rice vinegar	15 ml
1/4 tsp	kosher salt	1.5 ml
1/4 tsp	ground black pepper	1.5 ml
3 to 4 drops	hot pepper sauce	3 to 4 drops

12	Bibb lettuce leaves	12
4 oz	daikon radish sprouts	112 g

Directions

- 1 Preheat the oven to 350 degrees
- 2 Wrap the tortillas in foil and warm in the oven for 10 minutes.
- 3 Meanwhile, in a large mixing bowl, gently combine the crabmeat, tomatoes, red or white onion, avocado, lime juice, vinegar, salt, pepper and hot sauce.
- 4 Place a tortilla on each plate and line with the lettuce leaves and sprouts. Top with the crab salad, fold the tortillas over and serve.

Information per serving:

K-Count: 2

Calories: 150

Carbs: 16.3g

Proteins: 14.9g

Fats: 3.8g

Recipe courtesy of Kinetix